



Physical Therapy

Progress / Treatment Note

Patient Name: Flintstone, Fred **Date:** 01/17/08
Medical Record #: **DOB:** 08/02/61
Account #: 1234567892 **Treating Clinician:** Thomas Hook, PT
Provider: Lakeside Rehabilitation
Provider #: 25489631

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/06	781.2	Abnormality Of Gait

Time In: 10:00 AM **Time Out:** 11:00 AM

PT Interventions and CPT Codes Consisted of:	CPT Code	Modifiers	Minutes	Units
Gait Training &/or Stair Climbing - Therapeutic Procedure - 1+ Areas	97116	59	15	1
Therapeutic Activities - Direct patient contact	97530		28	2
Ultrasound - Modality to 1+ Areas - Each 15 Min	97035		12	1
Total Minutes: 55	Total Timed Minutes: 55	Total Untimed Minutes: 0		
Total Units: 4	Total Timed Units: 4	Total Untimed Units: 0		
	Pain In: 3	Pain Out: 0		

Progressive Exercises:	Quantity	Unit	Sets	Reps
Knee - general strengthening and range of motion - right	3	lbs	3	15
Knee - Gluteal sets with heel elevated - right	10	secs	2	10
Knee - hamstring sets - right	10	secs	2	10
Knee - knee extension - seated - right	4	lbs	3	15

Impairment Observations:

The right knee is swollen and painful with palpation, movement and weight bearing > 25% on the right lower extremity. Edema now at 46cm, 48cm, and 38cm. Ultrasound to right knee 1.5 watts/cm2. BP 120/80.

Characterstics and Analysis:

Mr. Flinstone is improving, but continues to have difficulty in ambulation and requires moderate assistance with crutches on uneven terrain to maintain 25% weight bearing status for the right lower extremity. Due to this limitation, he is not able to propel his car or climb into the crane for work at the quarry.

Specific Joints

(Note: Blank indicates Strength / Range of Motion are within functional limits or not tested)

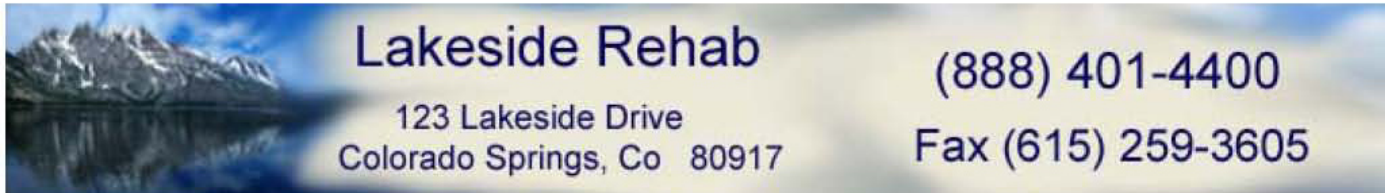
Knee	Current Level						Knee	Goal					
	Strength		Active ROM		Passive ROM			Strength		Active ROM		Passive ROM	
	Right	Left	Right	Left	Right	Left		Right	Left	Right	Left	Right	Left
Flexion	3/5	5/5	71°	145°	85°	145°	Flexion	5/5	5/5	135°	145°	140°	145°
Extension	2+/5	5/5	-20°	0°	-15°	0°	Extension	5/5	5/5	0°	0°	0°	0°

Current Plan: Three times weekly

Patient's response to PT Interventions: Good

Patient's progress toward established goals: Good

Thomas Hook, PT 01/16/08
 3:50:05 PM
 Thomas Hook, PT Date/Time
 State License #: 310



Lakeside Rehab

(888) 401-4400

123 Lakeside Drive
Colorado Springs, Co 80917

Fax (615) 259-3605

Physical Therapy **Initial Evaluation / Examination** Page 1 of 3

Patient Name: Flintstone, Frederick	Date: 01/15/07
Medical Record #: 123	DOB: 08/02/61
Account #: 1234567892	Treating Clinician: Thomas Hook, PT
Provider: Lakeside Rehabilitation	
Provider #: 25489631	

Patient Information

Address: 123 Opry Way	Physician: James L. Smith, MD
	Physician #: 123
Nashville, Tennessee 37203	

Occupation: Engineer	# of Approved Visits: 12
Gender: Male	Medicare #: 111-22-2333A
Contact Person: Wilma Flintstone	Medicaid #:

Rehabilitation Information / History

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

Preferred Practice Pattern: Musculoskeletal E: Impaired joint mobility, motor function, muscle performance, ROM associated w/localized inflammation

Recent Physical Therapy: Outpatient rehab clinic - within the last sixty days

Prior Functional Status: Independent with no pain or limitation in ambulation, IADL's, work or recreation

Required Equipment: Ace wrap for knee; Crutches

Weight Bearing Status: Right lower extremity - 25% partial weight bearing

Safety Measures: Ambulate with an assistive device & assistance of another person
Instruct patient and/or family in safety precautions
Progressive activity as tolerated

Rehabilitative Prognosis: Excellent rehab potential to reach and maintain prior level of function

Mental Status: Alert and oriented in all spheres - cooperative and motivated

Concerns that led to PT: Decreased functional ability secondary to pain or increased pain

System Review, History: This 45 y. o. male presents with a diagnosis of right anterior cruciate ligament sprain with an onset date of 12/25/06 when he fell down the porch steps while carrying packages. He is seen initially on this date for evaluation and treatment by this therapist due to persistent pain and limited ambulation. Previous medical history of insignificance. The patient is motivated to participate in treatment to achieve his functional goal of propelling his car and returning to work in rock quarry.

Patient has a history of behavioral health risks: **No**

Patient / Caregiver concur with established goals: **Yes**

Patient is aware of and understands his/her diagnosis and prognosis: **Yes**

Functional Measures

Ambulation: Even Terrain	Distance
Current Level: Crutches - Supervision - Standby assistance	100 Feet
Goal: No assistive device - Independent with difficulty	>1,000'

Patient Name: Flintstone, Frederick**Date:** 01/15/07**Medical Record #:** 123**DOB:** 08/02/61**Account #:** 1234567892**Treating Clinician:** Thomas Hook, PT**Provider:** Lakeside Rehabilitation**Provider #:** 25489631**Ambulation: Uneven Terrain****Distance****Current Level:** Crutches - Extensive - Moderate assistance

35 Feet

Goal: Straight cane - Independent

100 Feet

Stair Climbing**Steps****Current Level:** Crutches - Extensive - Moderate assistance

4 Steps

Goal: Straight cane - Independent

15 Steps

Tolerance to IADLs**Current Level:** Moderate - Severe pain and limitation during and/or after a specific IADL affecting performance**Goal:** No pain nor limitation during and/or after a specific IADL affecting performance**Tolerance to Work Activities****Current Level:** Moderate - Severe pain and limitation in a specific work activity affecting performance**Goal:** No pain and limitation in a specific work activity affecting performance

Functional characteristics and analysis: Mr. Flintstone is having difficulty in ambulation and requires moderate assistance with crutches on uneven terrain to maintain 25% weight bearing status for the right lower extremity. Due to this limitation, he is not able to propel his car, or climb into the crane for work at the quarry.

Impairment Goals; Short Term: Joint inflammation, or restriction & pain are reduced by 50% in 2 weeks**Term:** Pain is decreased by 50% in 2 weeks**Functional Goals; Long Term:** Ambulation/stair climbing are improved to prior level of function**Term:** Work performance in related activities is improved to prior level of function**Physical Findings****Pain****Site:** Joint Pain - Knee - Right; At Rest 5/10; With Activity 8/10; Dull; Cramping; Radiating

Exacerbating Factors: At rest interrupting sleep; Weight bearing beyond recommendations; Extended periods of time without joint elevation

Relieving Factors: Ice to the affected area; Elevation of effected extremity

Goals for Pain: Decrease pain at rest and during weight bearing activities to 0/10.

Pain Medication: Non-Prescription

Additional Comments: Mr. Flintstone is taking Advil 3 times daily for pain.

Dynamic Balance**Current Level:** 1/5 Berg Balance Scale -Scored 0-12 High risk of falls**Goal:** 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls**Special Orthopedic Tests of Extremities**

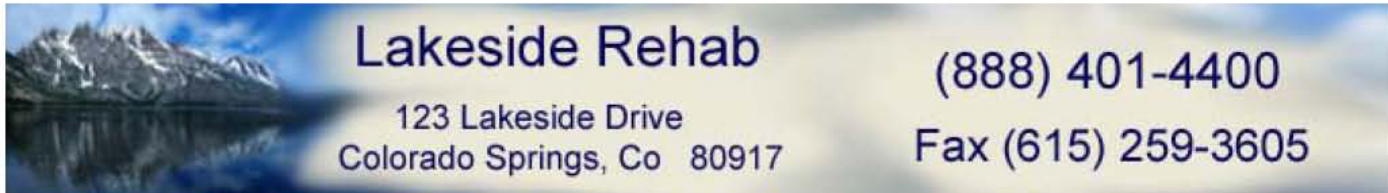
Knee - Anterior drawer test - Indicates a tear of the anterior cruciate ligament

Positive

Knee - Apley compression test - Indicates a meniscus tear

Negative

Palpation**Location:** Joint - knee - Right**Finding:** Edema - generalized and moderate**Location:** Joint - knee - Right**Finding:** Joint restriction - moderate**Location:** Joint - knee - Right**Finding:** Pain - moderate with palpation



Physical Therapy

Plan of Care (Initial Evaluation)

Patient Name: Flintstone, Frederick
Medical Record #: 123
Account #: 1234567892
Provider: Lakeside Rehabilitation
Provider #: 25489631

Date: 01/15/07
DOB: 08/02/61
Treating Clinician: Thomas Hook, PT

Medicare #: 111-22-2333A
Certification From: 01/15/07
Service From: 01/15/07
Hospitalized From: 12/26/06

Visits From SOC: 1
Certification To: 02/15/07
Service To: 03/15/07
Hospitalized To: 12/28/06

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

Preferred Practice Pattern: Musculoskeletal E: Impaired joint mobility, motor function, muscle performance, ROM associated w/localized inflammation

Systems Review, History: This 45 y. o. male presents with a diagnosis of right anterior cruciate ligament sprain with an onset date of 12/25/06 when he fell down the porch steps while carrying packages. He is seen initially on this date for evaluation and treatment by this therapist due to persistent pain and limited ambulation. Previous medical history of insignificance. The patient is motivated to participate in treatment to achieve his functional goal of propelling his car and returning to work in rock quarry.

Current Level

Goals

Level of Ambulation - Even: Crutches - Supervision - Standby assistance 100 Feet
 Level of Ambulation - Uneven: Crutches - Extensive - Moderate assistance 35 Feet
 StairClimbing: Crutches - Extensive - Moderate assistance 4 Steps
 Tolerance to IADLs: Moderate - Severe pain and limitation during and/or after a specific IADL affecting performance
 Tolerance to Work Activities: Moderate - Severe pain and limitation in a specific work activity affecting performance
 Physical - Dynamic Balance: 1/5 Berg Balance Scale -Scored 0-12 High risk of falls
 Pain: Joint Pain - Knee - Right; At Rest 5/10; With Activity 8/10; Dull; Cramping; Radiating

Level of Ambulation - Even: No assistive device - Independent with difficulty >1,000'
 Level of Ambulation - Uneven: Straight cane - Independent 100 Feet
 Stair Climbing: Straight cane - Independent 15 Steps
 Tolerance to IADLs: No pain nor limitation during and/or after a specific IADL affecting performance
 Tolerance to Work Activities: No pain and limitation in a specific work activity affecting performance
 Physical - Dynamic Balance: 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls
 Goals for Pain: Decrease pain at rest and during weight bearing activities to 0/10.

Impairment Goals Short Term

Joint inflammation, or restriction & pain are reduced by 50% in 2 weeks
 Pain is decreased by 50% in 2 weeks

Functional Goals Long Term

Ambulation/stair climbing are improved to prior level of function
 Work performance in related activities is improved to prior level of function

Functional characteristics and analysis: Mr. Flintstone is having difficulty in ambulation and requires moderate assistance with crutches on uneven terrain to maintain 25% weight bearing status for the right lower extremity. Due to this limitation, he is not able to propel his car, or climb into the crane for work at the quarry.

Knee	Initial Eval Level						Knee	Goal					
	Strength		Active ROM		Passive ROM			Strength		Active ROM		Passive ROM	
	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	
Flexion	3/5	5/5	71°	145°	85°	145°	Flexion	5/5	5/5	135°	145°	140°	145°
Extension	2+/5	5/5	-20°	0°	-15°	0°	Extension	5/5	5/5	0°	0°	0°	0°

Knee Comments: Joint play is moderate-severely limited in posterior and forward movements of tibia on femur, and medial and lateral translation of tibia on femur.

Patient Name: Flintstone, Frederick
Medical Record #: 123
Account #: 1234567892
Provider: Lakeside Rehabilitation
Provider #: 25489631

Date: 01/15/07
DOB: 08/02/61
Treating Clinician: Thomas Hook, PT

Impairment Observations

The right knee is swollen and painful with palpation, movement and weight bearing >25% on the right lower extremity. Strength and range of motion in right knee is impaired and will be assessed with each treatment.

Interventions (CPT Code)

Physical Therapy Evaluation 97001
Gait Training &/or Stair Climbing - Therapeutic Procedure - 1+ Areas 97116
Therapeutic Exercises - Therapeutic Procedure - 1+ Areas 97110
Ultrasound - Modality to 1+ Areas - Each 15 Min 97035

Frequency of PT: Three times weekly

Duration of PT: 6 weeks

James L. Smith, MD

Date

I certify the need for these services furnished under this plan of treatment while under my care.

Thomas Hook, PT

01/15/07

Thomas Hook, PT

Date

State License #: 310

PLAN OF TREATMENT FOR OUTPATIENT REHABILITATION (COMPLETE FOR INITIAL CLAIMS ONLY)

1. PATIENT'S LAST NAME Flintstone	FIRST NAME Frederick	M.I.	2. PROVIDER NO. 25489631	3. HICN 111-22-2333A
4. PROVIDER NAME Lakeside Rehabilitation	5. MEDICAL RECORD NO. (Optional) 123		6. ONSET DATE 12/25/06	7. SOC DATE 01/15/07
8. TYPE: Physical Therapy	9. PRIMARY DIAGNOSIS (Pert. Med. DX) Sprain Of Cruciate Ligament Of Knee 844.2		10. TREATMENT DIAGNOSIS Abnormality Of Gait 781.2	11. VISITS FROM SOC 1

<p>12. PLAN OF TREATMENT FUNCTIONAL GOALS</p> <p>Impairment Goals; Short Term: ; Joint inflammation, or restriction & pain are reduced by 50% in 2 weeks; Pain is decreased by 50% in 2 weeks Functional Goals; Long Term: Ambulation/stair climbing are improved to prior level of function Work performance in related activities is improved to prior level of function Level of Ambulation - Flat: No assistive device - Independent with difficulty >1,000' Level of Ambulation - Uneven: Straight cane - Independent 100 Feet Stair Climbing: Straight cane - Independent 15 Steps Tolerance to IADLs: No pain nor limitation during and/or after a specific IADL affecting performance Tolerance to Work Activities: No pain and limitation in a specific work activity affecting performance Physical - Dynamic Balance: 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls</p>	<p>PLAN</p> <p>Physical Therapy Evaluation 97001 Gait Training &/or Stair Climbing - Therapeutic Procedure - 1+ Areas 97116 Therapeutic Exercises - Therapeutic Procedure - 1+ Areas 97110 Ultrasound - Modality to 1+ Areas - Each 15 Min 97035</p> <p>The End Date for the functional goals is 6 weeks from 01/15/07</p>
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<p>13. SIGNATURE (professional estab. POC incl. prof. designation)</p> <p style="text-align: center;"><i>Thomas Hook, PT</i> 01/15/07</p>	<p>14. FREQ/DURATION (e.g., 3/Wk x 4 Wk)</p> <p>FREQUENCY: Three times weekly DURATION: 6 weeks</p>
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<p>I CERTIFY THE NEED FOR THESE SERVICES FURNISHED UNDER THIS PLAN OF TREATMENT AND WHILE UNDER MY CARE</p> <p>15. PHYSICIAN SIGNATURE 16. DATE</p>	<p>17. CERTIFICATION</p> <p>FROM 01/15/07 TO 02/15/07</p> <p>18. ON FILE (Print/type physician's name) James L. Smith, MD</p>
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<p>20. INITIAL ASSESSMENT (History, medical complications, level of function at start of care, Reason for referral)</p> <p>DOB: 08/02/61 MED Sprain Of Cruciate Ligament Of Knee 844.2 Sex: Male DX: Abnormality Of Gait 781.2</p>	<p>19. PRIOR HOSPITALIZATION</p> <p>FROM 12/26/06 TO 12/28/06</p>
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Prior Functional Status: Independent with no pain or limitation in ambulation, IADL's, work or recreation
 Pref Practice Pattern: Musculoskeletal E: Impaired joint mobility, motor function, muscle performance, ROM associated w/localized inflammation
 Rehab Prognosis: Excellent rehab potential to reach and maintain prior level of function; Level of Ambulation - Flat: Crutches - Supervision - Standby assistance 100 Feet; Level of Ambulation - Uneven: Crutches - Extensive - Moderate assistance 35 Feet; Stair Climbing: Crutches - Extensive - Moderate assistance 4 Steps;
 Tolerance to IADLs: Moderate - Severe pain and limitation during and/or after a specific IADL affecting performance; Tolerance to Work Activities: Moderate - Severe pain and limitation in a specific work activity affecting performance ; Physical - Dynamic Balance: 1/5 Berg Balance Scale -Scored 0-12 High risk of falls ;
 Pain: Joint Pain - Knee - Right; At Rest 5/10; With Activity 8/10; Dull; Cramping; Radiating

Functional Characteristics and Analysis: Mr. Flintstone is having difficulty in ambulation and requires moderate assistance with crutches on uneven terrain to maintain 25% weight bearing status for the right lower extremity. Due to this limitation, he is not able to propel his car, or climb into the crane for work at the quarry.

Impairment Observations: The right knee is swollen and painful with palpation, movement and weight bearing >25% on the right lower extremity. Strength and range of motion in right knee is impaired and will be assessed with each treatment.

<p>21. FUNCTIONAL LEVEL (End of billing period) PROGRESS REPORT</p>	<p>22. SERVICE DATES</p> <p>FROM 01/15/07 TO 03/15/07</p>
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PLAN OF TREATMENT FOR OUTPATIENT REHABILITATION (COMPLETE FOR INITIAL CLAIMS ONLY)

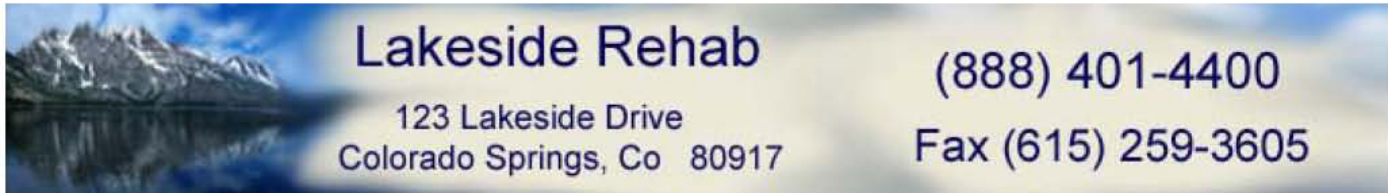
1. PATIENT'S LAST NAME Flintstone	FIRST NAME Frederick	M.I.	2. PROVIDER NO. 25489631	3. HICN 111-22-2333A
4. PROVIDER NAME Lakeside Rehabilitation	5. MEDICAL RECORD NO. (Optional) 123		6. ONSET DATE 12/25/06	7. SOC DATE 01/15/07
8. TYPE: Physical Therapy	9. PRIMARY DIAGNOSIS (Pert. Med. DX) Sprain Of Cruciate Ligament Of Knee 844.2		10. TREATMENT DIAGNOSIS Abnormality Of Gait 781.2	11. VISITS FROM SOC 3

21. FUNCTIONAL LEVEL (End of billing period) **PROGRESS REPORT** 02/15/07

Level of Ambulation - Flat: No assistive device - Limited - Contact guard assistance 200 Feet
 Level of Ambulation - Uneven: Straight cane - Limited - Contact guard assistance 100 Feet
 Stair Climbing: Straight cane - Limited - Minimal assistance with railing 10 Steps
 Tolerance to Work Activities: Mild - Moderate pain and limitation in a specific work activity affecting performance
 Physical - Dynamic Balance: 4/5 Berg Balance Scale -Scored 37-49 Moderate to low risk of falls
 Pain: Joint Pain - Knee - Right; At Rest 2/10; With Activity 5/10; Sharp; Dull; Burning; Electrical; Cramping; Radiating

Functional Characteristics and Analysis: Mr. Flintstone is making progress in ambulation as he is able to ambulate with straight cane on uneven terrain, and with no assistive device on even terrain. He is still unable to safely perform the duties of his job due to limitations in ambulatory status.

Impairment Observations: The right knee edema and pain are greatly reduced. Right knee range of motion and strength are increased allowing for improved ambulation and weight bearing as tolerated on the right lower extremity.



Physical Therapy

Worker's Comp

Patient Name: Flintstone, Frederick	Date: 01/15/07
Medical Record #: 123	DOB: 08/02/61
Account #: 1234567892	Treating Clinician: Thomas Hook, PT
Provider: Lakeside Rehabilitation	
Provider #: 25489631	

	Onset Date	Code	Description
Primary Diagnosis:	06/10/07	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	06/10/07	719.7	Difficulty in Walking

Date of Injury: 12/25/06

Injured at Work: Yes

Date of First Exam: 12/27/06

Has Employer been notified: Yes

Date last worked: 12/25/06

Patient's Statement: I slipped on the steps and twisted my knee when I fell.

Is Diagnosis consistent with occupational causation or aggravation: **Yes**

Is there any other condition that will impede or delay patient's recovery: **No**

Physician's decision on Patient's Work Status: May work but must adhere to following restrictions at this time

Restrictions: No excessive walking
 No Prolonged standing
 No use of affected extremity

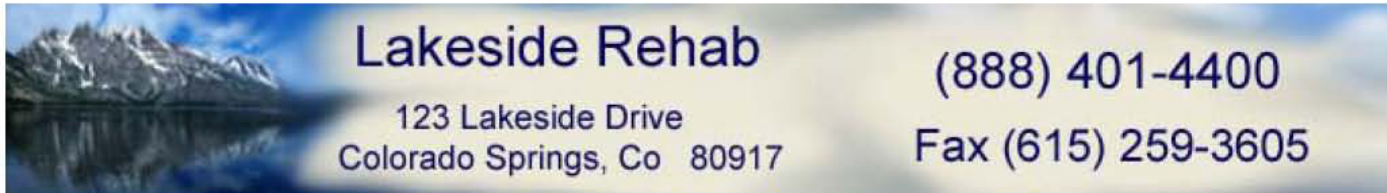
Additional Comments on Work Related Injury: Mr. Flintstone is not able to safely perform the duties of his job due to his limitations in ambulation and weight bearing.

Thomas Hook, PT

01/15/07

Thomas Hook, PT **Date**

State License #: 310



Physical Therapy

Missed Visit Report

Patient Name: Flintstone, Frederick	Date: 01/19/07
Medical Record #: 123	DOB: 08/02/61
Account #: 1234567892	Treating Clinician: Thomas Hook, PT
Provider: Lakeside Rehabilitation	
Provider #: 25489631	

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

Patient did not receive therapy today for the following reason:

Patient request to not have therapy due to personal conflicts.

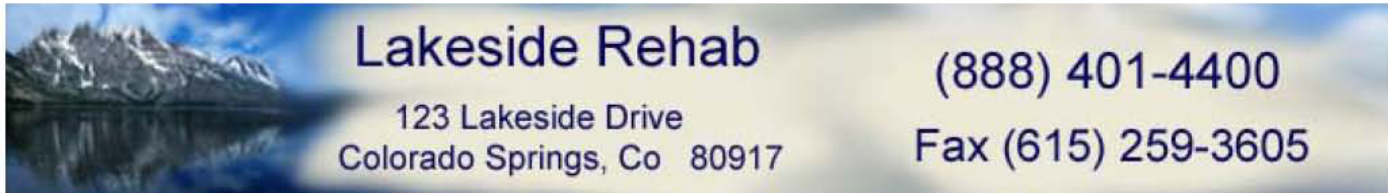
Plan:

Continue with 3 times weekly therapy

Comments:

Patient is out of town on vacation.

<i>Thomas Hook, PT</i>	
<hr/>	01/19/07
Thomas Hook, PT	Date
State License #: 310	



Physician's Communication

Patient Name: Flintstone, Frederick **Date:** 01/24/07
Medical Record #: 123 **DOB:** 08/02/61
Account #: 1234567892 **Treating Clinician:** Thomas Hook, PT
Provider: Lakeside Rehabilitation
Provider #: 25489631

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

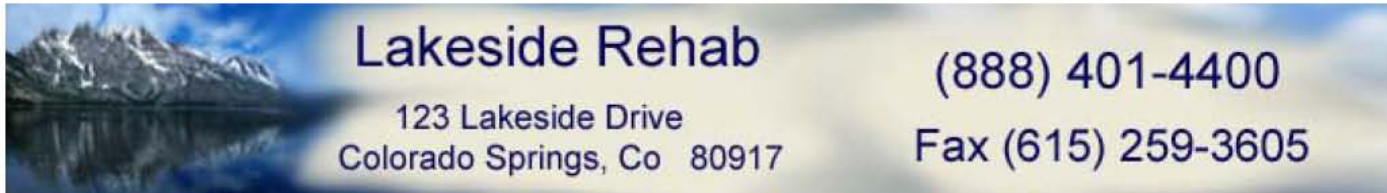
Physical Therapy Comments: Patient is too ill to tolerate the current frequency of therapy.

Plan/Orders: Decrease therapy treatment sessions to two times weekly

Additional Comments: Mr. Flintstone has been battling the flu for a week now and for the next two weeks can only tolerate therapy twice a week.

James L. Smith, MD **Date**
 I certify the need for these services furnished under this plan of treatment while under my care.

Thomas Hook, PT
 _____ **01/24/07**
Thomas Hook, PT **Date**
State License #: 310



Lakeside Rehab

123 Lakeside Drive
Colorado Springs, Co 80917

(888) 401-4400

Fax (615) 259-3605

Physical Therapy

Ten (10) Visit Progress Report

Patient Name: Flintstone, Frederick	Date: 02/15/07
Medical Record #: 123	DOB: 08/02/61
Account #: 1234567892	Treating Clinician: Thomas Hook, PT
Provider: Lakeside Rehabilitation	
Provider #: 25489631	

Visits From SOC: 3	
Certification From: 02/15/07	Certification To: 03/15/07
Service From: 01/15/07	Service To: 03/15/07

Patient Information

Address: 123 Opry Way	Physician: James L. Smith, MD
Nashville, Tennessee 37203	Physician #: 123

Occupation: Engineer	# of Approved Visits: 12
Gender: Male	Medicare #: 111-22-2333A
Contact Person: Wilma Flintstone	Medicaid #:

General Information

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

There has been a change in Diagnosis:	No
There has been a change in Support System:	No
Patient is making steady progress toward established goals:	Yes
There has been adequate communication with all health care staff involved in the implementation of the Plan of Care:	Yes
Patient/Caregiver continues to concur with proposed TX Plan:	Yes
Level of Patient/Caregiver's satisfaction with Therapy:	High

Additional Comments: Mr. Flintstone has had the flu for over two weeks of the last treatment period, requiring a reduction in frequency to twice weekly. He is now able to tolerate three times a week of therapy.

Functional Measures

Ambulation: Even Terrain	Distance
Initial: Crutches - Supervision - Standby assistance	100 Feet
Current Level: No assistive device - Limited - Contact guard assistance	200 Feet
Goal: No assistive device - Independent with difficulty	>1,000'

Ambulation: Uneven Terrain	Distance
Initial: Crutches - Extensive - Moderate assistance	35 Feet
Current Level: Straight cane - Limited - Contact guard assistance	100 Feet
Goal: Straight cane - Independent	100 Feet

Stair Climbing	Steps
Initial: Crutches - Extensive - Moderate assistance	4 Steps
Current Level: Straight cane - Limited - Minimal assistance with railing	10 Steps
Goal: Straight cane - Independent	15 Steps

Patient Name: Flintstone, Frederick**Date:** 02/15/07**Medical Record #:** 123**DOB:** 08/02/61**Account #:** 1234567892**Treating Clinician:** Thomas Hook, PT**Provider:** Lakeside Rehabilitation**Provider #:** 25489631**Tolerance to Work Activities****Initial:** Moderate - Severe pain and limitation in a specific work activity affecting performance**Current Level:** Mild - Moderate pain and limitation in a specific work activity affecting performance**Goal:** No pain and limitation in a specific work activity affecting performance**Functional characteristics and analysis:** Mr. Flintstone is making progress in ambulation as he is able to ambulate with straight cane on uneven terrain, and with no assistive device on even terrain. He is still unable to safely perform the duties of his job due to limitations in ambulatory status.**Impairment Goals; Short Term:** Joint inflammation, or restriction is reduced by 50% in 2 weeks - Met**Term:** Pain is decreased by 50% in 2 weeks - Met**Functional Goals; Long Term:** Ambulation/stair climbing are improved to prior level of function**Term:** Work performance in related activities is improved to prior level of function**Physical Findings****Pain****Site:** Joint Pain - Knee - Right; At Rest 2/10; With Activity 5/10; Sharp; Dull; Burning; Electrical; Cramping; Radiating**Exacerbating Factors:** Walking; Standing for 3 minutes or more; Extended periods of time without joint elevation**Relieving Factors:** Ice to the affected area; Elevation of effected extremity**Goals for Pain:** Decrease pain at rest and during weight bearing activities to 0/10.**Pain Medication:** Non-Prescription**Additional Comments:** Mr. Flintstone continues to take Advil 3 times daily for pain.**Dynamic Balance****Initial:** 1/5 Berg Balance Scale -Scored 0-12 High risk of falls**Current Level:** 4/5 Berg Balance Scale -Scored 37-49 Moderate to low risk of falls**Goal:** 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls**Special Orthopedic Tests of Extremities**

Knee - Anterior drawer test - Indicates a tear of the anterior cruciate ligament

Negative

Knee - Apley compression test - Indicates a meniscus tear

Negative

Palpation**Location:** Joint - knee - Right**Finding:** Edema - generalized and mild**Location:** Joint - knee - Right**Finding:** Skin temperature - cool to touch**Location:** Joint - knee - Right**Finding:** Pain - mild with palpation**Girth****Location:** Knee Joint Line**Right Side:** 40 cm**Left Side:** 37 cm**Location:** Knee Joint Line + 4 cm proximal**Right Side:** 46 cm**Left Side:** 43 cm

Patient Name: Flintstone, Frederick
Medical Record #: 123
Account #: 1234567892
Provider: Lakeside Rehabilitation
Provider #: 25489631

Date: 02/15/07
DOB: 08/02/61
Treating Clinician: Thomas Hook, PT

Knee	Initial Eval Level						Knee	Current Level					
	Strength		Active ROM		Passive ROM			Strength		Active ROM		Passive ROM	
	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	
Flexion	3/5	5/5	71°	145°	85°	145°	Flexion	4/5	5/5	112°	145°	130°	145°
Extension	2+/5	5/5	-20°	0°	-15°	0°	Extension	4/5	5/5	-8°	0°	-5°	0°

Knee Comments: Joint play is now only mildly limited in posterior and forward movements of tibia on femur.

Impairment Observations

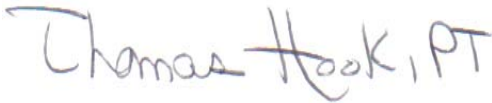
The right knee edema and pain are greatly reduced. Right knee range of motion and strength are increased allowing for improved ambulation and weight bearing as tolerated on the right lower extremity.

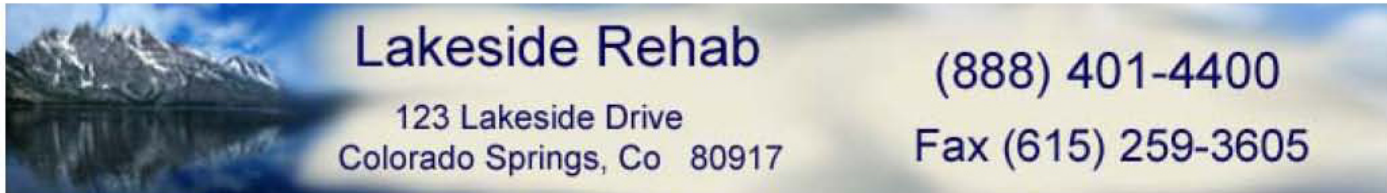
Interventions (CPT Code)

- Gait Training &/or Stair Climbing - Therapeutic Procedure - 1+ Areas 97116
- Therapeutic Exercises - Therapeutic Procedure - 1+ Areas 97110
- Ultrasound - Modality to 1+ Areas - Each 15 Min 97035 97010

Frequency of PT: Three times weekly

Duration of PT: 4 weeks

	
	02/15/07
Thomas Hook, PT	Date
State License #: 310	



Physical Therapy

Discharge Summary

Patient Name: Flintstone, Frederick **Date:** 03/15/07
Medical Record #: 123 **DOB:** 08/02/61
Account #: **Treating Clinician:** Thomas Hook, PT
Provider: Lakeside Rehabilitation
Provider #: 25489631

Patient Information

Address: 123 Opry Way **Physician:** James L. Smith, MD
 Nashville, Tennessee 37203 **Physician #:** 123

Occupation: Engineer **# of Approved Visits:** 12
Gender: Male **Medicare #:** 111-22-2333A
Contact Person: Wilma Flintstone **Medicaid #:**

Discharge Information

	Onset Date	Code	Description
Primary Diagnosis:	12/25/06	844.2	Sprain Of Cruciate Ligament Of Knee
Other Diagnosis:	07/11/07	781.2	Abnormality Of Gait

Preferred Practice Pattern: Musculoskeletal E: Impaired joint mobility, motor function, muscle performance, ROM associated w/localized inflammation

Reasons for Discharge: Goals Met; Maximal Level Reached

Patient/Caregiver was given proper notification of Discharge? Yes

No further Physical Therapy intervention is indicated at this time in this setting? Yes

Patient's Physician has been notified that patient has been discharged from Physical Therapist's care? Yes

Functional Measures

Ambulation: Even Terrain **Distance**

Initial: Crutches - Supervision - Standby assistance 100 Feet
Goal: No assistive device - Independent with difficulty >1,000'
Final Level: No assistive device - Independent Unlimited

Ambulation: Uneven Terrain **Distance**

Initial: Crutches - Extensive - Moderate assistance 35 Feet
Goal: Straight cane - Independent 100 Feet
Final Level: Straight cane - Independent 100 Feet

Stair Climbing **Steps**

Initial: Crutches - Extensive - Moderate assistance 4 Steps
Goal: Straight cane - Independent 15 Steps
Final Level: No assistive device - Independent with railing 15 Steps

Tolerance to Work Activities

Initial: Moderate - Severe pain and limitation in a specific work activity affecting performance
Goal: No pain and limitation in a specific work activity affecting performance
Final Level: No pain and limitation in a specific work activity affecting performance

Functional characteristics and analysis: Mr. Flintstone has made excellent progress and is now independent and safe in ambulation on even terrain. He is able to return to his job of crane operator at the rock quarry, given additional time to climb into the crane cabin.

Patient Name: Flintstone, Frederick
Medical Record #: 123
Account #:
Provider: Lakeside Rehabilitation
Provider #: 25489631

Date: 03/15/07
DOB: 08/02/61
Treating Clinician: Thomas Hook, PT

Functional Goals; Long Term: Ambulation/stair climbing are improved to prior level of function - Met
 Work performance in related activities is improved to prior level of function - Met

Physical Findings

Pain

Site: Joint Pain - Knee - Right; At Rest 0/10; With Activity 0/10; Sharp; Dull; Burning; Electrical; Cramping; Localized

Goals for Pain: Decrease pain at rest and during weight bearing activities to 0/10 - Goal Met

Pain Medication: None

Dynamic Balance

Initial: 1/5 Berg Balance Scale -Scored 0-12 High risk of falls

Goal: 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls

Final Level: 5/5 Berg Balance Scale -Scored 50-56 Low risk of falls

Special Orthopedic Tests of Extremities

Knee - Anterior drawer test - Indicates a tear of the anterior cruciate ligament Negative
 Knee - Apley compression test - Indicates a meniscus tear Negative

Palpation

Location: Joint - knee - Right
Finding: Edema - Resolved
Location: Joint - knee - Right
Finding: Skin temperature - cool to touch

Girth

Location: Knee Joint Line
Right Side: 37 cm **Left Side:** 37 cm
Location: Knee Joint Line + 4 cm proximal
Right Side: 43 cm **Left Side:** 43 cm

Knee	Initial Eval Level				Final Level								
	Strength		Active ROM		Passive ROM		Strength		Active ROM		Passive ROM		
	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	Right	Left	
Flexion	3/5	5/5	71°	145°	85°	145°	Flexion	5/5	5/5	145°	145°	145°	145°
Extension	2+/5	5/5	-20°	0°	-15°	0°	Extension	5/5	5/5	0°	0°	0°	0°

Impairment Observations

Range of motion and strength are functional in right knee and will continue to improve with use. Pain and edema in right knee are resolved. Mr. Flintstone has demonstrated competence and understanding of his discharge home exercise program.

Interventions (CPT Code)

Discharge patient to care of self

Thomas Hook, PT

Thomas Hook, PT 03/15/07

State License #: 310 Date